

# 864th Engineer Battalion



## Redeployment and Reunion Guide

## MESSAGE FROM REAR DETACHMENT

To the Families and Friends of our returning Soldiers,

After what probably seems like a very long time, the Battalion is finally getting close to completing its deployment to Afghanistan. Undoubtedly anticipation and excitement will grow as we count down the final days to reunion with your Soldier. Having your Soldier back at Joint Base Lewis McChord will be joyful and may even usher in a bit of a honeymoon period; but it is important to realize that along with all the wonderful events and feelings associated with redeployment, there are bound to be little bumps **along the way as families make adjustments and settle in to a “new normal.”**

Things can and do change in the time soldiers are away. Kids grow up a little bit, spouses may have experienced increased autonomy during the separation and new friendships may have formed. Soldiers themselves may have experienced things that will affect them after the deployment. These changes are normal and to be expected. Maintaining a sensitivity to these type of issues can go a long way towards minimizing potential negative impacts on you and your family during the re-integration of your Soldier back into everyday life.

There are a myriad of agencies and people to assist you with these adjustments if necessary. This book lays out some things to consider and prepare for during redeployment. It also highlights some of the resources available here at JBLM and the Community

Congratulations on a successful deployment. Best wishes to your family during this exciting time.

The Rear Detachment Team

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## REUNION AND RE-INTEGRATION

Surviving a separation, such as occurs when one member of the military family is deployed and the other stays at home base, is difficult and may sometimes seem impossible. No one ever said that the military life would be easy and deployments can take a toll on a military family. The hard part may, however, not be over. Re-integrations that come after separations and can be just as difficult as the actual separation itself.

Families are ever changing. Relationships are forever evolving. Whether you are new to the relationship or have been together for years, a separation creates a temporary break in the circuit. It is often difficult to keep juice flowing to the family when one family member is not involved the everyday happenings of family life. But when duty calls, the military family will find a way to make the adjustment.

### YOU HAVE CHANGED!

As a military Spouse, you have gone from living on the edge of disbelief (that the Soldier is gone) to acceptance (you know the Soldier is gone because the house is empty) and have just begun to sleep all through the night again. You have discussed personal topics long distance that should be reserved for private times, tried to keep the conversations cheerful so as not to stress out the Soldier, and



perhaps had to deliver bad news that needed a hug. Love letters, family pictures (and some of the dog), copies of report cards and sonograms, your **child's letter, cards on special occasions, email messages filled with tears of** anger, joy and grief, and care packages have been a part of your daily routine. But you have done so much more than that!

- You have been mother, father, tooth fairy, Santa Claus, birthday party planner, kids clothes and shoes buyer, transportation for every event under the sun, bedtime storybook reader, kisser of the skinned knees, and tricycle-to-bicycle instructor.
- You no longer panic when the electricity goes off, the dishwasher or washing machine oozes bubbles, or the car gets a flat tire. You have learned to repair leaky commodes, worked out a deal for the lawn care, assembled the Christmas tree without help, and put together the new riding toy for Junior.
- You know what days to find the best buys at the Commissary, can

## REUNION AND RE-INTEGRATION

schedule medical appointments so there is still time for lunch and a little shopping, and have saved a little nest egg for a rainy day.

- You have a routine night out, volunteer for the American Red Cross, and still find the time to help with homework and attend school events.
- Your hair has a new cut, you have lost 15 pounds, and you found a new perfume and your wardrobe has a new look. You have made new **friends, started new jobs, and survived without the Soldier's assistance.** You have kept it together – KUDOS!

### YOUR SOLDIER HAS CHANGED

Separations from friends and family, especially due to deployment to a combat zone, can significantly change an **individual's life. The deployment involved** the loss of many comforts that people back home take for granted: contact with family, comfortable living conditions, a variety of good food, time to relax, etc.



- During the separation, the Soldier, has been sleeping in a tent that they carry on your back, eating MREs, and washing from a helmet.
- They have been frightened, cold, wet, hot, uncomfortable, sweaty, lonely, happy, sad, and everything in between. Days have passed before they **could shower and they can't remember the last time they slept through** the night.
- They have stood guard duty until their legs ached, read and re-read the letters from home, made the cookies from home last by allowing themselves one per day, and prayed that your Higher Power would keep you safe to see your family again.

### CHILDREN HAVE CHANGED

For children, a separation can be especially difficult. They have adapted to the Soldier being gone, they have also changed!

- The baby is now sleeping through the night, has begun to crawl or possibly walking., gets into everything and loves the word NO!
- They can ride a 2-wheeler now, jump double ropes, are able to make their own bed, have moved from finger painting to homework, and are in the top reading group in second grade.



## REUNION AND RE-INTEGRATION

- They have grown three inches, started a new paper route, pitch in around the house, decided not to play soccer this year, and have a new best friend.
- **They have passed their driver's education, the SAT scores say they are ready for college, and the new girl friend is talking marriage after graduation.**



### OTHER CHANGES

Things are defiantly not the same as when the Soldier left. But the family roles **are responsibilities aren't the only things that have changed!**

- The furniture has been rearranged, you changed the kitchen from blue to green, and have a new set of mattresses on the old bed frame.
- The car gave out two months after the Soldier deployed so you bought a new one, the kids got a new puppy, and now there are bushes planted in the fish pond **(the dog's fault turned into an opportunity).**
- The military families that you grilled out with in the backyard before are now deployed, the Soldiers favorite restaurant has closed down, and the neighbors you had hoped would help look out for your family while the Soldier was away had a change in their employment and moved.



To say the least, a lot of things have changed. When the Soldier returns home, life will likely be different than it was before the separation. Schedules have changed, kids have grown, and both you and the Soldier have sacrificed for your country. Things cannot be as it was before the Soldier left or even as they were during the separation, adjustments will have to be made. During the reunion, everyone will be expected to re-integrate back into the military life and a unit of one. Will it be easy? No. Is it even possible? Yes, if everyone **understands and remembers that...**

COMMUNICATION  
IS THE KEY!



## EXPECTATIONS FOR REUNION

As a Spouse, you and the Soldier may have exchanged letters of undying love and used every imaginable expression to explain that you can hardly wait to see each other again. Now the orders say the Soldier will be home in 30 days. **The emotions go wild after the initial numbing new sinks in. They're** is coming home! The house is cleaned, the kids are forbidden to sit on the sofa for fear that they will mess up the throw pillows, the yard is mowed and flowers planted, the windows are washed and new curtains are hung, everyone you remotely know has called, and the dog will have to start sleeping at the foot of the bed instead of curled up next to you. A revised **grocery list is made to include all of your Soldier's favorites, your socks and** sweatshirts are removed from their drawers, and the world never looked better.

You have envisioned how everything will go, from the first time your eyes find your military/civilian family member in the crowd to the days and weeks after when everything goes back to the way it was (taking out the trash and getting the tires rotated). Now the time has come that you will be reunited. But, have you discussed the actual reunion? Do you really know what to expect? Are you truly prepared for the reunion? Plans have started...

### SPOUSE'S PLANS

First, you want to give him/her a kiss that they will NEVER forget, take them to that new restaurant that just opened up, and then the **Lopez's are throwing a welcome home party at** the YMCA. You have arranged for the extended family to bunk at the house while they are in town so they can see their Soldier. You are sure the Soldier will be happy to visit with everyone even though they have to share one bathroom.

You have the whole week planned - a day at **the zoo, meeting the kids' teachers, and an art** show that you have been dying to see. There is so much to do. It will sure be fun. There **are so many things to catch up on. Yep, it's all** planned out.



### THE KIDS' PLANS

The kids are anxious for mom/dad to come home. They have so much to tell

## EXPECTATIONS FOR REUNION

and show their Soldier parent. They have made the Soldier pictures every few days so they have really **piled up and haven't they been fishing since you left.** Life has changed and the kids are busting at the seams to have someone new to show and tell.

**The kids have the first week planned. Let's go camping like we did before – two weeks should do it – and I can show off my driving skills. They'll want a couple of days just to get through the questions/answers, pictures they made, stories they wrote, and everyone should want to meet their new friends, see their new school, and hear how their 1 to 18 months has gone. Yep! It's all planned!**



### THE SOLDIER'S PLANS

Soldier, your orders say you are going home – back to your Spouse and Family, your car and grill, your civilian jeans and cowboy hat. You can hardly wait to see old friends or nap in the hammock. You will get off the plane and kiss the ground, your Spouse, and the kids. Then you will shower until there is no more hot water, the hottest and soapiest time you will ever be able to recall. You will throw a stack of steaks on the grill, eat until you almost explode, and sleep between cool, **clean sheets for days. Yep, it's all planned.**



### RESOLVING CONFLICTS

Well, as you can see, there are definitely plans. However, not everyone is on the same planning committee. The Soldier and Spouse see things differently and already we can tell there may be trouble in paradise. Expectations, as we have seen in the example, may not be the same.

Differing expectations can be handled, and reunions and re-integrations can be smooth and painless – but only with communication and with a dose of consideration for the feelings of all people involved.





## PLANNING YOUR REUNION

Communication is vital to any event and a reunion, where a military family has been separated for months, is no different. It can also be unsettling, leaving you feeling as if there are butterflies fluttering about your stomach, much like you felt on your first date. You may be surprised that you are not the only one with butterflies. Your spouse and children feel the same way as well. **Alleviate some of these feelings by communicating to ensure everyone's expectations. Communication is the only way to be sure that everyone's expectations will be met.**

### OUTLINE WHAT EACH FAMILY MEMBER WANTS

A good place to start is with a letter, phone call, or email that outlines how you see the reunion unfolding. Perhaps you can send a calendar with the letter so the Soldier can pencil in what he/she would like to do (or not do) when their boots hit American soil again. Exchange ideas to make it the **reunion everyone will be comfortable with. Let's start with listing the top three each member of the family is looking forward to:**

#### SOLDIER

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

#### SPOUSE

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

#### KIDS

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

#### EXTENDED FAMILY

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

With this short list, you will be able to begin a concrete plan that should **include everyone's wishes.**

## PLANNING YOUR REUNION

### MAKE A SCHEDULE – BUT KEEP IT FLEXIBLE

**Next, you'll need a schedule. The day the military member will be home, what will happen from the time he/she disembarks to the time that the reunion begin. Don't be disappointed if everything doesn't go as planned. Be sure to leave room in the schedule for changed in flight schedules, adjustments to the military's plans, illness, etc.**

At first, you may want to keep the schedule simple. The flight was probably **long, the kids have been up since o'dark thirty, and your week has been long** with homecoming preparations. There should be a balance of work and **pleasure. Let's begin the schedule by listing one work-related task that needs attention and one pleasure-related item that ranks high on your list.**

#### REUNION WEEK

Work: \_\_\_\_\_

Pleasure: \_\_\_\_\_

#### WEEK 1

Work: \_\_\_\_\_

Pleasure: \_\_\_\_\_

#### WEEK 2

Work: \_\_\_\_\_

Pleasure: \_\_\_\_\_

#### WEEK 3

Work: \_\_\_\_\_

Pleasure: \_\_\_\_\_

#### WEEK 4

Work: \_\_\_\_\_

Pleasure: \_\_\_\_\_

Discuss your selections with the Soldier and work out any changes or details. Be willing to give and take during the negotiations.

## RE-INTEGRATION

### RE-INTEGRATION

You will also need to plan the re-integration part of the reunion. Perhaps you have not attended a Family Readiness Support Group meeting since the deployment. You may have even started shopping at the civilian grocery to avoid seeing so many uniforms because it only brings you pain since your Soldier is not close. Maybe you have even moved back in with your folks and now it is time to return to the daily military life. Whatever your situation, re-integration is important and needs attention.

At first you may feel uncomfortable being back in the military throng of things. You have settled into a different way of life and survived without the Soldier. You may not even be aware of post/base changes, new military-family **resources, or upcoming events. It's time to get back in touch. But, where** does one start?

### FAMILY READINESS GROUP (FRG)

The FRG is an official command-sponsored organization of family members, volunteers, and soldiers belonging to a unit, that together provide an avenue of mutual support and assistance, and a network of communications among the family members, the chain of command, and community resources. The FRG is a great source of information about upcoming reunion trainings and other briefings, redeployment dates, family day activities, and homecoming activities to be held once the Soldiers return.

### WHERE TO GET HELP

It will be quite an adjustment for everyone. And not everyone reunites well or re-integrates with ease. If you are experiencing difficulties with the reunion, you may need to seek additional outside guidance. The local post has a mental health clinic that may be able to provide counseling in this area. You may also want to check in with the local Chaplain for counseling or additional ideas.

Remember, just because you are having difficulty transitioning, does not mean that you are not a good Military Spouse. It simply means that you are in need of finding a way to make the change easier for you. When you seek help, it demonstrates that you are not only a good Military Spouse, but also that you have the intelligence to know when you need assistance.

Everyone has been through a trying time in the relationship, but you all have come so far! With communication, planning and consideration of one **another's expectations and wishes, the reunion and re-integration** can be smooth and enjoyable.

## HOMECOMING AND REUNION STRESS

Whether you are a single or a married soldier, a soldier's parent, a spouse, or a child, you will face certain stressors associated with Homecoming and Reunion. Below are some of the normal stressors you may face, along with some hints to help you adjust to the changes in your life.

Stressors:

- Emotional letdown
- Restlessness or sleeplessness
- No one understands what I have been through
- Was my spouse faithful?
- Did my spouse miss me?
- My friends seem different
- I did not expect things to change
- **Other people's concerns seem petty**
- I felt like a stranger at home
- How will the children react?
- Will the role that I have filled change?
- Were my children treated well by their guardian?
- Can I make up for lost time?
- Did I handle things the right way?
- When will things feel normal again?
- I am concerned about finances
- I am concerned about future deployments
- The children appear confused and uncertain

Helpful Hints:

- Accept that things may be different
- Talk about your experiences
- Go slowly – **don't try to make up for lost time**
- Spend quality time with your children
- Reassure your children; change often frightens them
- Curb your desire to take control or spend money
- Accept that your partner may be different
- Intimate relationships may be different
- Take time to get reacquainted
- Forget your fantasies; reality may be quite different
- Take time to readjust
- Communicate with your partner and your family

## STRESS SYMPTOMS

The following stress danger signals focus on the medical and physical symptoms common to tension stress. Your physician can best determine your medical condition, but these guidelines will provide you with a general indication of your stress level.

Check those signals, which you have noticed:

- General irritability, hyper excitability, depression
- Pounding of the heart
- Dryness of mouth and throat
- Impulsive behavior, emotional instability
- Overpowering urge to cry or run
- Inability to concentrate, flight of thoughts
- Feelings of unreality, weakness, dizziness, fatigue
- Floating anxiety, being afraid and not knowing why
- Emotional tension and alertness
- Trembling, nervous ticks, easily startled
- High pitched, nervous laughter
- Stuttering, or other speech difficulties
- Bruxism (grinding of the teeth)
- Insomnia
- Hyperactivity
- Excessive sweating
- Frequent need to urinate
- Diarrhea, indigestion, queasiness, vomiting
- Migraine headaches
- Pain in neck or lower back
- Loss or excessive appetite
- Increased use of prescribed drugs
- Alcohol or drug abuse
- Nightmares
- Accident proneness

The more signs/symptoms of stress that are present, the stronger the likelihood that there may be a serious problem. See your physician if you are concerned about these symptoms.



[www.afterdeployment.org](http://www.afterdeployment.org)

## REUNION STRESS COPING STRATEGIES

Most military families find that reunions are at least as stressful as separations. This seems to be true for couples with children, couples without children, single parents, and single soldiers coming back to friends and family. The following are some coping strategies that may help:

Expect to have a few doubts and worries.

- **Your partner may think you don't need them anymore.**
- Anxiety is a natural part of getting back together.

Forget your fantasies.

- Give up any fantasies or expectations you may have about what homecoming day should be.
- Take it easy and let things happen naturally.
- **Don't expect things to be exactly how they were before separation.**
- You have changed, your spouse has changed, and your children have changed.
- **Don't get upset by things that are done differently.**

Accept and share your feelings.

- Talk a lot about your feelings, and let your partner talk too.
- Really listen. Make sure you fully understand what your partner is saying before you try to respond.

Tips on helping children adjust:

- Children can and will get angry about a parent being gone.
- Toddlers and preschoolers may act like the homecoming parent is a stranger. They may not understand about missions or duty.
- Elementary age children and teenagers may understand, but show **anger or fear by "acting-out"**.
- Get reacquainted and take things slowly.
- Children are very resilient.

Communication is KEY!

**See things from the other person's point of view.**

- An awareness that the soldier no longer feels a part of things helps us to understand why they can be upset by even the smallest changes.
- Recognition of the pride a partner feels in the way he/she handled everything alone will help the soldier to understand the importance of accepting changes made during separation.
- Children are people too. Try to understand how they feel. Change and uncertainty is often very frightening for them, so be patient.

# REUNION STRESS COPING STRATEGIES

POSSIBLE CHILDREN'S REACTIONS TO SOLDIER'S RETURN	
Reactions	Techniques
BIRTH TO 1 YEAR	
<p>Cries, fusses</p> <p>Pulls away from soldier</p> <p>Clings to spouse or caregiver</p> <p>Has problems with elimination</p> <p>Changes their sleeping or eating habits</p> <p>Does not recognize soldier</p>	<p>Hold</p> <p>Hug gently</p> <p>Bathe and change</p> <p>Feed and play</p> <p>Relax, go slowly</p>
1 TO 3 YEARS	
<p>Shyness, clinging</p> <p>Does not recognize soldier</p> <p>Cries</p> <p>Has temper tantrums</p> <p>Regresses-no longer toilet trained</p>	<p>Don't force holding, hugging, kissing</p> <p>Give them space</p> <p>Give them time to warm up</p> <p>Be gentle and fun</p> <p>Sit at their level</p>
3 TO 5 YEARS	
<p>Demonstrates anger</p> <p>Acts out to get soldiers attention</p> <p>Needs proof soldier are real</p> <p>Is demanding</p> <p>Feel's guilty for making parent go away</p> <p>Talks a lot to up date soldier</p>	<p>Listen to them</p> <p>Accept their feeling</p> <p>Play with them</p> <p>Reinforce that parents love them</p> <p>Find out the new things on TV, at preschool, books</p> <p>Reinforce that soldier love them</p> <p>Sit at their level</p>
5 TO 12 YEARS	
<p>Isn't good enough</p> <p>Dreads soldiers return because of discipline</p> <p>Boasts about Army and parent</p>	<p>Review pictures, school work, activities, scrapbooks</p> <p>Praise what they have done</p> <p>Try not to criticize</p>
13 TO 18 YEARS	
<p>Is excited, may be rebellious</p> <p>Feel's guilty because they don't live up to standards</p> <p>Is concerned about rules and responsibilities</p> <p>Feels too old or is unwilling to change</p>	<p>Share what has happened with soldier</p> <p>Listen with undivided attention</p> <p><b>Don't be judgmental</b></p> <p><b>Don't tease about fashion, music</b></p> <p>Respect privacy and friends</p>

## REESTABLISHING INTIMACY

One adjustment you may face when military separation occurs is reestablishing your intimate and sexual relationships. Most military couples face the question...

***“How can two people work together toward achieving intimacy when one of them is often absent from the relationship for extended periods?”***

Military couples often find that reunion may bring out feelings of uneasiness and that their personal relationship is strained. Through an understanding of the effects of separation, you can better cope with the stress that accompanies reunion. The following information about communication barriers and enhancers may help you to reconnect with your partner.

### Barriers to intimate communication and sexual relations:

- Unrealistic fantasies and expectations
- Feeling anxiety about engaging in intimacy and sex.
- Feeling that your partner is a stranger
- Feelings of anger, hostility, stress, or negative feelings about the separation
- Concern about faithfulness to your relationship
- Feeling that sexual relations need to be rushed to make up for lost time

### Communication enhancers:

- Communication will help bring you closer together. It gives you time to become reacquainted, and helps to let your partner know how you feel.
- Understand that feelings of anxiety are a very normal part of the reunion process.
- You have been apart from each other and you both have grown. Take time to get to know each other again.
- Discuss your negative feelings and frustrations. Fear of losing your partner plays a major role in developing negative feelings. Listen carefully to what your partner is trying to communicate to you.
- Do not assume the worst about your partner. If you have concerns about fidelity, talk to your chaplain or find a counselor who can help you work through these feelings.
- Besides communication, allow yourself time to readjust to being together again. Go slow and enjoy your reunion.



## SOLDIER COMBAT STRESS REACTION

**A soldier's return from deployment is a time of great excitement and joy.** It may also be a time of stress, frustration, or disappointment if the reunion does not meet your hopes and expectations.

All Soldiers go through an adjustment period from being a combat Soldier to being you son or daughter, parent or spouse. This adjustment period is normal.

After Operation Iraqi Freedom and Operation Enduring Freedom, your loved ones may have problems readjusting because they have memories of:

- Witnessing or being personally involved in death and destruction
- Seeing destroyed homes and dead bodies
- Seeing friends wounded or killed
- Being ambushed, receiving small arms fire or being exposed to **improvised explosive devices (IED'S)**

They may also have problems due to:

- Physical injury or illness
- Financial difficulties
- Relationship strains
- Feeling that they no longer fit in
- Dealing with different family routines or roles

### COMMON REACTIONS

Many of the reactions listed below are normal for people who experience high stress situations. It is not uncommon for most Soldiers to experience some or all of the following reactions:

Physical

- Trouble falling asleep
- Oversleeping
- Waking up in the middle of the night
- Difficulty with sexual and nonsexual intimacy
- Fatigue
- Feeling jumpy
- Being easily startled

Emotional

- Feeling overwhelmed
- Depression
- Irritability
- Feeling numb

## SOLDIER COMBAT STRESS REACTION

- Difficulty readjusting to family routines
- Difficulty reconnecting with the family
- Discomfort being around other people or in crowds
- Frustration
- Guilt
- Crying spells

### Cognitive

- Difficulty with memory
- Loss of interest/motivation
- Concentration problems
- Difficulty talking about deployment experiences
- Loss of trust

These normal reactions may be uncomfortable but in most cases are not causes for concern. Typically, the common reactions stop after six eight weeks.

### FLASHBACKS AS A REACTION

- Flashbacks are episodes of re-experiencing the events that occurred during a deployment
- **During a flashback episode, Soldiers feel as if they are “back in the war” and may not be aware of their immediate surroundings**
- Although upsetting and uncomfortable, flashbacks are general normal and not associated with a more serious problem UNLES they persist **for months or cause significant interference in a Soldier’s activities of daily living**
- **Flashbacks may occur in response to a “trigger” (for example a loud noise that sounds like a weapons discharge) or spontaneously without a trigger.**

### WHEN NORMAL REACTIONS BECOME PROBLEMATIC

- **Problems that interfere with a Soldier’s ability to do the things that he or she needs to do in any important area of life (work, home family, social, spiritual) are the clearest signs that a normal reaction after deployment may be turning into a more serious problem.**
- **If a Soldier’s distress persists longer than 6 to 8 weeks, it may be a sign that your loved one needs professional help.**

## SOLDIER COMBAT STRESS REACTION

SOMETIMES the problems are too big to resolve by yourself. Get help if any of the following occurs: atypical behavior, depression, prolonged sadness, suicidal or homicidal thoughts, aggressive/violent thoughts or action, verbal abuse, reckless behavior/excessive anger, or alcohol/substance abuse.

If you are worried that your loved one is thinking about committing suicide or hurting him or herself, remember the following tips:

- ACT IMMEDIATELY!
- **Be direct. Ask, “Are you thinking about hurting yourself?”**
- DO NOT LEAVE YOUR LOVED ONE ALONE.
- Get help, contact a chaplain, doctor, friend, family member, or call 911 or a hospital emergency room.

**A SUICIDAL PERSON NEEDS  
IMMEDIATE  
PROFESSIONAL HELP!**

### WHERE TO GET HELP

- Active duty Soldiers and family members can contact their unit chaplain, mental health team, or primary medical provider.
- Reserve/National Guard Soldiers and family members can contact VA Medical Vet Centers that provide veterans with mental health services. VA Medical Centers and Vet Centers are listed in the phone book in the blue Government pages. On the internet, go to [www.va.gov/](http://www.va.gov/) and click the “Find a Facility” tab near the top of the page or go to [www.va.gov/res](http://www.va.gov/res).
- All family members and/or returning soldiers can contact the Military One Source at <http://www.militaryonesource.com> and register for a free account.
  - Free confidential counseling (up to 12 sessions) in the Civilian community is available.
  - Call U.S. toll free 1-800-342-9647
  - International: Access Code + 800-3429-6477 (all 11 digits must be dialed)
  - Por español llame 1-877-888-0727
  - Korea: DSN 550-ARMY (2676)

## SPOUSE BATTLEMIND TRAINING

### Helping You and Your Family Transition From Deployments

**Spouse Battlemind is the Spouse's ability to face deployments with resilience and strength, allowing easier separations and smoother reunions. Key components include:**

- **INDEPENDENCE:** the capability of having a fulfilling and meaningful life as part of an Army Centric Family.
- **RESILIENCY:** the ability to overcome setbacks and obstacles and to maintain positive thoughts during times of adversity.

Deployments and separations can be a positive growth experience for you and your family. However, some issues may arise that could negatively affect **your or your family's well-being**. Independence and resiliency help you adjust to the ups and downs of deployment as a military Spouse. Independence and resiliency can be learned. All they take is experience and effort.

**Spouse Battlemind skills increase your and your family's resiliency throughout the military deployment cycle.**

BONDS (SOCIAL SUPPORT)  
ADDING/SUBTRACTING FAMILY ROLES  
TAKING CONTROL  
TALKING IT OUT  
LOYALTY AND COMMITMENT  
EMOTIONAL BALANCE  
MENTAL HEALTH AND READINESS  
INDEPENDENCE  
NAVIGATING THE ARMY SYSTEM  
DENIAL OF SELF (SELF-SACRIFICE)



### BONDS (SOCIAL SUPPORT)

IN COMBAT, SOLDIERS: Often made strong ties with their fellow Soldiers.

AT HOME, SPOUSES: May have developed new friends, strengthened existing friendships, became more involved in the Army

## SPOUSE BATTLEMIND TRAINING

community and participated in new activities. Some Spouses may have returned home to their families during the deployment.

**POTENTIAL CONCERNS:** Soldiers may want to spend more time with their **buddies than their Spouses. The fact that Spouses' new friends, strengthened** friendships and new activities were developed without Soldiers may feel threatening to them.

**ACTIONS SPOUSES CAN TAKE:** Talk with your Soldier about how to balance time spent between family and friends. Introduce new friends to your **Soldier; don't hide new friendships or activities.**

**ACTIONS SOLDIERS CAN TAKE:** Talk with your Spouse about how to balance time spent between your family and buddies. Respect, and if possible, **become involved in, your Spouse's friendships and new interests. Appreciate** those who helped your spouse in your absence.

### ADDING/SUBTRACTING FAMILY ROLES



**IN COMBAT, SOLDIERS:** Were removed from the daily lives of their families and missed family events (e.g., anniversaries, births, graduations, birthdays, sporting events, etc.).

**AT HOME, SPOUSES:** Performed roles that might otherwise be shared.

**Potential Concerns:** Spouses and Soldiers may resist resuming and sharing **roles. Children may resist Soldiers' return to authority. Soldiers may feel left** out and fail to actively participate in family roles.

**ACTIONS SPOUSES CAN TAKE:** Help your Soldier resume family roles, despite possible resistance from your kids. Share day-to-day decisions and responsibilities upon reunion.

**ACTIONS SOLDIERS CAN TAKE:** Upon your return, resume an active role, **but don't force it too much, too soon. Don't let changes in roles and/or** responsibilities cause you to withdraw from the family. Understand that your Spouse may need a break.

## SPOUSE BATTLEMIND TRAINING



### TAKING CONTROL

IN COMBAT, SOLDIERS: Maintained strict control of their weapons and gear in order to survive and were not in control of what was going on at home.

AT HOME, SPOUSES: Were the head of the household.

POTENTIAL CONCERNS: Soldiers may have an increased need for order and control upon return. Spouses and Soldiers may have different priorities **for the family's time and money. Soldiers may feel treat the household as a military unit.**

ACTIONS SPOUSES CAN TAKE: Renegotiate priorities and incorporate **those of your Soldier. Recognize your Soldier's need for order and control** may be due in part to his/her deployment experiences.

ACTIONS SOLDIERS CAN TAKE: Respect and appreciate how your Spouse managed the household during your deployment. Be flexible and avoid treating family members like subordinates. Let go of the little things. If you have children, understand that they tend to like routine and predictability.



### TALKING IT OUT

IN COMBAT, SOLDIERS: Shared mission-specific information on a need-to-know basis and many had limited access to phone or email.

AT HOME, SPOUSES: Could share only a limited amount of what occurred during the deployment due to communication limitations.

POTENTIAL CONCERNS: **Spouses, Soldiers and children can't know all of** the ways the deployment effected one another. Spouses may immediately **want to know all about Soldiers' deployments, but Soldiers may not be willing** or ready to tell.

ACTIONS SPOUSES CAN TAKE: Your Soldier may not share every deployment experience with you. Let the story come out with time, and in his/her own words. Deployment is difficult for both Soldiers and their family

## SPOUSE BATTLEMIND TRAINING

members; be prepared to hear all sides of the story.

**ACTIONS SOLDIERS CAN TAKE:** Don't expect your Spouse to understand what it is like in a combat environment unless you share your experiences. Tell as much of your story as you feel you should, especially to your children. Recognize that your Spouse and children have a deployment story to share as well.



### LOYALTY AND COMMITMENT

IN COMBAT, SOLDIERS: Needed to know their Spouses were committed and looked forward to their return.

AT HOME, SPOUSES: Needed to know their Soldiers were also committed.

POTENTIAL CONCERNS: Both Soldiers and Spouses may have issues of mistrust and jealousy and may be concerned about relationship commitment.

ACTIONS SPOUSES CAN TAKE: Tell your Soldier how much you missed him/her and how you coped with them being away. Address any issues of mistrust and get help if needed.

ACTIONS SOLDIERS CAN TAKE: Tell your Spouse you love and appreciate her/him. Practice saying, "Thanks"!, and say it often. Don't hesitate to get help for issues of mistrust.



### EMOTIONAL BALANCE

IN COMBAT, SOLDIERS: Controlled their emotions in order to be successful in missions.

AT HOME, SPOUSES: Managed individual and family emotional well-being with less emotional support from Soldiers.

POTENTIAL CONCERNS: Spouse or Soldier expectations for emotional and physical intimacy might not be met upon return. The emotional control Soldiers used while they were deployed may lead to detachment or anger during reintegration. Children's emotional responses to reintegration can

## SPOUSE BATTLEMIND TRAINING

range from detachment to clinging to the absent parent.

**ACTIONS SPOUSES CAN TAKE:** Be patient. Emotional detachment is not uncommon in Soldiers returning from combat. It will take time and effort from you and your Soldier to renew emotional and physical bonds.

**ACTIONS SOLDIERS CAN TAKE:** Appreciate the difference between sex and emotional intimacy. Spend time with each of your family members individually; put in the time and effort to reconnect physically and emotionally **with your Spouse. Practice the full range of emotions; don't limit yourself to anger or detachment.** Express yourself in a variety of ways (email, phone calls, flowers, notes, etc.).



### MENTAL HEALTH AND READINESS

**IN COMBAT, SOLDIERS:** Were constantly alert, revved-up, aggressive when necessary, and may have worked long hours.

**AT HOME, SPOUSES:** Maintained individual and family mental well-being.

**POTENTIAL CONCERNS:** Soldiers may display behaviors that cause Spouses or children to worry, including inappropriate anger, difficulty sleeping (including nightmares), startling easily, and excessive drinking. Soldiers who need help may not seek it. Spouses and children who need mental health services may have difficulty accessing care.

**ACTIONS SPOUSES CAN TAKE:** Behaviors that are causing problems in your family need to be addressed. Realize that you might not be the person the Soldier will accept help from. Know what mental health resources are available for you and your family.

**ACTIONS SOLDIERS CAN TAKE:** Recognize changes in yourself that might be signs you should get help; seek assistance if you need it. Accept help from others, including your Spouse. Avoid pushing away or lashing out at those **who try to help you. Don't attempt to avoid or treat problems with alcohol or drugs.**



## SPOUSE BATTLEMIND TRAINING



### INDEPENDENCE

IN COMBAT, SOLDIERS: Made decisions that revolved around their deployment duties and were less available to participate in household decisions.

AT HOME, SPOUSES: Functioned alone or as a single parent by making household decisions with less input from Soldiers.

POTENTIAL CONCERNS: Soldiers may want to change household decisions that were made during the deployment. Spouses may feel they need to give up doing things they enjoyed during the deployment, which may lead to **resentment. Soldiers may feel left out or excluded due to Spouses' increased independence.**

**ACTIONS SPOUSES CAN TAKE:** Don't assume life will be as it was before or during the deployment. Take into account your Soldier's preference about how the house is run. Be willing to compromise.

**ACTIONS SOLDIERS CAN TAKE:** Respect and appreciate your Spouse's decisions that were made during the deployment. Your home life will likely be **different than it was before you deployed. Don't fix what's working; ask how you can help.**



### NAVIGATING THE ARMY SYSTEM

IN COMBAT, SOLDIERS: Followed rules and regulations.

AT HOME, SPOUSES: Navigated the Army environment, using the available resources in order to better integrate into the military community.

POTENTIAL CONCERNS: Spouses may be angry and resentful for having to deal with a complicated, bureaucratic organization (e.g., TRICARE, DEERS) while Soldiers were gone.

**ACTIONS SPOUSES CAN TAKE:** Continue learning the Army system by asking questions. Be patient, it takes time. Recognize that you need to maintain the skills you obtained for future deployments and separations.

## SPOUSE BATTLEMIND TRAINING

**ACTIONS SOLDIERS CAN TAKE:** Share all information you have about Army services with your Spouses. Recognize that it can be difficult to navigate the Army system; help your Spouse with the navigation.

### DENIAL OF SELF (SELF-SACRIFICE)



**IN COMBAT, SOLDIERS:** Literally put their lives on the line for their fellow Soldiers in service of their country.

**AT HOME, SPOUSES:** Often sacrificed their own needs and desires (careers, educational goals, proximity to family and friends, etc.) by placing their needs last.

**POTENTIAL CONCERNS:** Both Spouses and Soldiers may feel that they have sacrificed a lot and are not being fully appreciated.

**ACTIONS SPOUSES CAN TAKE:** Tell your Soldier you appreciate their sacrifice and that you know that being a Soldier is difficult.

**ACTIONS SOLDIERS CAN TAKE:** Be aware that you are not the only one making sacrifices. Show your Spouses how much you appreciate their hard work and encourage them to pursue their own interests.

### CUES YOU MIGHT NEED HELP

If any of the following are severe, persistent or interfering with daily life:

#### **SPOUSES:**

- Feeling depressed and down
- Repeated crying episodes
- Feeling angry, tense, irritable, hopeless and/or resentful
- Difficulty sleeping or sleeping too much
- Significant appetite changes
- Not finding fun in things previously enjoyed
- Using medications, illegal drugs or alcohol to cope
- Taking out frustrations on others
- Suicidal or homicidal thinking, intent, or actions
- Isolating yourself or withdrawing from important relationships
- Family, coworkers or friends tell you that you need help

## SPOUSE BATTLEMIND TRAINING

### SOLDIERS:

- Strong memories, nightmares or sleeping problems
- Easily startled
- Conflict, arguing, anger and hostility
- Excessive use of alcohol or other substances
- Performance problems at work or home
- Distant from Spouse or children; talking of a divorce or separation unwanted by Spouse
- Aggressive driving
- Feeling down or not able to enjoy life; not making future plans
- Family members, NCOs or friends tell you that you need help
- Suicidal or homicidal thinking, intent, or actions

### CHILDREN:

- Irritability, problems controlling his/her temper
- Getting into fights, hitting, biting, and/or kicking
- Having problems paying attention or sitting still
- Withdrawing from friends, becoming a loner at school or at home
- Being unhappy, sad or depressed
- Academic problems
- School personnel, friends, or others tell you that your child needs help

### MENTAL AND BEHAVIORAL HEALTH RESOURCES

- Military Chaplain or Civilian Religious Personnel
- Mental/Behavioral Health Services
- Military One Source: 1-800-342-9647 or [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com)
- Army Community Services (ACS)
- Social Work Services (SWS)
- Family Advocacy Program (FAP)
- Child Youth and School Services (CYSS)
- New Parent Support Program (NPSP)
- School Counselor

## SOURCES OF SUPPORT AND ASSISTANCE

Your family relationships should regain normalcy in a few months. However, if you had problems before you left, those problems may still be there when you get back. If you continue having the problems adjusting, seek help through one of the following offices:

*American Red Cross* \_\_\_\_\_ (253-)966-3889

*American Red Cross Emergency* \_\_\_\_\_ (877)272-7337

The American Red Cross provides emergency communications that link members of the U.S. Armed Forces with their families back home, access to financial assistance in partnership with the military aid societies, information and referral services and assistance to veterans.

*Army Community Service (ACS)* \_\_\_\_\_ (253) 967-7166

ACS is the mainstay of family assistance for the Army on or near installations. It is staffed by paid professionals and volunteers. Among the services provided are Financial Management Assistance; Exceptional Family Members Program; Child Support Services; Family Advocacy; Relocation Services; and Information, Referral, and Follow-up.

*ACS Army Family Team Building (AFTB)* \_\_\_\_\_ (253)967-AFTB

The Army Family Team Building Program is a series of 38 classes led by volunteer instructors and Subject Matter Experts. These classes consist of information on resources, benefits, leadership, and interpersonal skills. The goal of AFTB is to improve overall personal growth by promoting personal and Family Readiness, to assist Soldiers and Family Members in adapting to change, to help Families become self-reliant and informed, and to assist in developing professional skills.

*ACS Exceptional Family Member Program (EFMP)* \_\_\_\_ (253)967-9704

The Exceptional Family Member Program (EFMP) works with other military and civilian agencies to provide comprehensive and coordinated community support, educational, housing, personnel, & medical services to families with special needs. The EFMP Office provide services that include: Information and Referral, Community Support Services, Advocacy, Monthly Support Group, Resource Directory, Weekly Swim Program, Respite Information, EFMP Orientation, Monthly Parent Education Advocacy Program (PEAP) Workshop, Recreational and Cultural Activities, Community Support Group Information, Resource Library Information, and Special Needs Resource Team (SNRT) meetings with Child and Youth Services (CYS). All services and activities are free of charge and open to the whole family.

## SOURCES OF SUPPORT AND ASSISTANCE

*ACS Family Advocacy Program (FAP)* \_\_\_\_\_ (253)967-5940  
*Child & Spouse Abuse 24/7 Hotline* \_\_\_\_\_ (253)966-SAFE

The Family Advocacy Program (FAP) focuses on spouse and child abuse prevention through education and support programs, including Reporting/Crisis Intervention Services, Family Advocacy Victim Advocate Program, Fort Lewis Sexual Assault Prevention & Response Program, Command & Troop Education, Education For Professionals, Spouse Abuse - Family Life Skills, Safety Education and Support Groups & Parenting Education

*ACS Mobilization and Deployment* \_\_\_\_\_ (253)967-8430/3397

ACS Mobilization and Deployment provides guidance, resources and training for Family Readiness Group members and Rear Detachment Officers. They support deploying units by providing pre-deployment and post-deployment information, briefings and materials to Soldiers and Family Members, assist and support mobilizing Reserve Component units and provide assistance and services to repatriated Families.

*ACS Relocation Readiness* \_\_\_\_\_ (253) 967-3633/3628

ACS Relocation Readiness offers a variety of relocation assistance services and resources to eliminate the stress associated with relocating. Information and resource materials, which include but not limited to, Plan My Move, Relocation Website Booklets, Installation PCS-TDY Guides, Relocation Tri-folds, In-Processing and Out-processing Checklists are provided to assist you during the relocation process. Counseling is also available to help devise a relocation plan for your PCS move and to answer your questions.

*Army Information Line* \_\_\_\_\_ (800)833-6622

The Army Information Line (toll-free) provides accurate information, useful resources and helpful referral services to those with issues or concerns about Army Life. Experienced constituent liaisons staff the line and are available to assist members of the Army Well-Being constituent communities - Soldiers (active duty, National Guard and Army Reserve), Civilians, Retirees, Veterans and Family Members. The Army Information Line also serves as a safety net for those who have exhausted all other resources.

*Army Substance Abuse Program (ASAP)* \_\_\_\_\_ (253)967-2202  
or 968-6765

The Army Substance Abuse Program's (ASAP) mission is to strengthen the **overall fitness and effectiveness of the Army's total workforce and to enhance** the combat readiness of its soldiers. ASAP provides assistance to active duty Soldiers, DA Civilians, Family Members, and Retirees.

## SOURCES OF SUPPORT AND ASSISTANCE

*Child, Youth and School Services (CYSS)* \_\_\_\_\_ (253) 966-CYSS  
 Child Youth and School Services (CYSS) is a network of systems and programs through which Fort Lewis provides quality child and youth development options. These programs reduce the conflict between parental responsibilities and unit mission requirements, support readiness and contribute to the quality of life of families.

*Unit/Installation Chaplain* \_\_\_\_\_ (253) 966-8989  
 The US Army Chaplaincy provides religious support to America's Army while assisting commanders in ensuring the right of free exercise of religion for all Soldiers. Chaplains provide pastoral care and counsel to Soldiers and their Families. A good source for confidential counseling.

*Brigade Chaplain* \_\_\_\_\_ (253) 341-1122  
*Brigade Chaplain Assistant* \_\_\_\_\_ (253) 966-6624  
*JBLM North Chapel* \_\_\_\_\_ (253) 966-5959  
*Post Chaplain* \_\_\_\_\_ (253) 967-3784  
*24 Hour Chaplain* \_\_\_\_\_ (253) 967-0015

Confidential Care, Counsel, Wisdom, and Unit Retreats.

YOUR POST CHAPELS Spiritual Hope, Help, and Inspiration in Your Time Of Need. Over 29 different services of various faiths and traditions take place weekly in many different chapel facilities across the Fort Lewis community. For more information on how your needs can best be met, feel free to call **the post chaplain's office. They will gladly provide you with a description of** weekly services, their locations, and times. You may also access information about the Fort Lewis Chapels at [www.lewis.army.mil](http://www.lewis.army.mil).

*The Chaplain Family Life Center* \_\_\_\_\_ (253) 967-2494  
**Located at Four Chaplain's Memorial Chapel, Free, Confidential, Professional Pastoral Counseling. Call for times and information related to Reunion Stress, Family Counseling, and Couple's Counseling.**

*Strong Bonds* \_\_\_\_\_ [www.strongbonds.org](http://www.strongbonds.org)  
 For most Soldier families, staying connected through the cycle of deployment is the ultimate challenge. Strong Bonds Pre-deployment and Re-deployment provides tools to enable Army families to stay close through the deployment, and reintegrate back together at the conclusion of a long-term separation. The Strong Bonds Pre-deployment and Redeployment Program is designed to help single Soldiers, couples, and Families cope with this struggle. The

## SOURCES OF SUPPORT AND ASSISTANCE

program is offered through an off-site weekend retreat. In addition to relevant teaching and skills training, Strong Bonds weekends include time for relaxation, recreation, fellowship, and fun.

*Military One Source* \_\_\_\_\_ (800)342-9647

Military One Source is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. Military One Source counseling services are designed to provide service help with short-term issues such as adjustment to situational stressors, stress management, decision making, communication, grief, blended-family issues, and parenting-skills issues. Visit Military One Source today at [www.militaryonesource.com](http://www.militaryonesource.com).

*BDE Military and Family Life Consultant (MFLC)* \_\_\_\_\_ (253)363-6976

Free and confidential counseling. JBLM MFLC Office (253) 329-6632. After hours/weekends available off-post by calling 800-977-7595.

No records kept.

*Family Assistance for Maintaining Excellence (FAME)* (253) 968-5140

Offers FREE individual and group therapy, educational groups and family counseling. No referral is needed. Adults: call for an appointment or come in during walk-in hours, M-F 0800 to 1200. Families and children: appointments scheduled between 0800 1630. Bldg. 9924 B, E Johnson St. (Old Madigan Area).

*Family Advocacy Program (FAP) 24 hour call line* \_\_\_\_\_ (253)967-5901  
or (253) 968-0044

Bldg 2013-B, 3rd

Floor, Hours: Mon-Fri 0800 to 1630

FAP provides: Education and prevention programs to help Soldiers, Community awareness, Suicide Prevention, Life Skills Classes, Community **Resources, and Victim's Advocates.**

*Victim Advocacy and Sexual Assault Helpline:* (253) 389-8469

*DOD safe line:* (877) 995-5247

*Social Work Service* (253) 968-4159

*Madigan Behavioral Health Clinic* (253) 968-5140

*Child Guidance Clinic* (253) 968-6880

*(for children & adolescent psychiatry)*

## SOURCES OF SUPPORT AND ASSISTANCE

*New Parent Support Program:* \_\_\_\_\_ (253) 967-7409

NPSP is a community-based education program offering home visitation services to expectant, new parents, and families with children from 0-6 years of age at your convenience and by appointment only.

*Victim Advocacy:* \_\_\_\_\_ (253) 966-0363/967-6858/5950

Provides assistance and emotional support to victims of domestic violence.

*FINANCIAL READINESS PROGRAM* \_\_\_\_\_ (253) 967-3525/9917

Located in Waller Hall

Many couples put themselves into financial hardship after celebrating their homecoming with an expensive spending spree. The common desire to do **this was mentioned earlier. (Remember, if you can't afford it, don't do it! The urge to spend money will pass.)** Others encounter financial problems for various reasons. Regardless of the reason, if you encounter financial problems, the ACS Financial Readiness Program (FRP) is here to help you. Our expert counselors are available at Fort Lewis to assist you and your spouse with sound financial advice. They will talk with your creditors and arrange a monthly budget that can pay off your debts. They also offer advice on saving, and home or car finance. The FRP provides the following services:

- Financial counseling/education
- Consumer information
- Credit problem assistance
- Financial planning for deployments and transitions
- Financial subsistence supplemental allowance (FSSA screening)

*ARMY EMERGENCY RELIEF* \_\_\_\_\_ (253) 967-9852/9812

Located in Waller Hall

If the Soldier is not available, Spouses must have a Power of Attorney to receive AER assistance. AER assistance may be provided for:

- Non-receipt of pay
- Loss of funds
- Medical, dental, and hospital expenses
- Funeral expenses
- Rent or mortgage payments
- Utilities
- POV repair
- Emergency food locker assistance



## JBLM INSTALLATION GUIDELINES

Joint Base Lewis-McChord takes safety seriously! That's why we ask you and your family to do the same. Take a moment to review this section's laws and safety tips; then make them a part of your daily routine.

### Alcohol

Washington State law defines DUI as 0.08% blood alcohol content.

Alcohol use is a factor in over 40 percent of all accidents.

Do not operate any vehicle or machinery after drinking alcoholic beverages.

Alcohol will not be consumed while on duty.

### Designated Driver

Designated Driver is a program of Soldiers helping Soldiers. Volunteer Soldiers drive the BOSS van on Friday and Saturday nights transporting intoxicated Soldiers to and from the clubs on-post. Call (253) 208-9169 for a Safe, **"No Questions Asked"** Ride! Service available Friday and Saturday nights from 2100-0300.

### Motorcycles

The Army Motorcycle Safety Course is required for post registration.

Riders must wear at all times:

- Motorcycle helmets with fastened chin strap
- shatter-resistant eye protection
- Leather boots or shoes
- Gloves
- Long-legged pants
- Long-sleeved shirts or jacket
- A highly visible reflective vest

### Vehicles

On average, 200 Soldiers die each year in traffic accidents, usually in privately owned vehicles (POVs).

State and local laws mandate the wearing of seat belts (lap and shoulder) while operating or riding in vehicles. Local directives prohibit riding in the back of uncovered pickup trucks.

**Secure children under the age of 8 or 4'9" tall in a safety seat.** Never leave a child alone in a vehicle. Children under 13 should be transported in the back seat when it is practical to do so.

Register POVs within five working days with the JBLM Vehicle Registration office in Waller Hall.

## CONTACTS

864th Engineer Battalion Staff Duty \_\_\_\_\_(253) 966-7012

555 Engineer Brigade Staff Duty \_\_\_\_\_(253) 967-5111

Battalion Facebook Page:

<https://www.facebook.com/pages/864th-Engineer-Battalion-Pacemakers/375569106780>

### Family Readiness Support Assistants

Karyn Hubbell \_\_\_\_\_(253) 966-7019

Karyn.K.Hubbell.civ@mail.mil

864th Engineer Battalion FRSA

Clark Hoffman \_\_\_\_\_(253) 967-8506

Clark.C.Hiffman.civ@mail.mil

555 Engineer Brigade FRSA

# Online Resources

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## **The Military Family Research Institute at Purdue University**

Great resources for a variety of topics

<https://www.mfri.purdue.edu>

## **After Deployment**

This is a comprehensive website provides resources and information for both soldiers and those who care for them.

<http://www.afterdeployment.org>

## **Military One Source**

Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, Guard and reserve service members, and their families. Information includes, but is not limited to, deployment, reunion, relationship, grief, spouse employment and education, parenting and child care, and much more.

<http://www.militaryonesource.mil/>

## **Operation Homefront**

Operation Homefront (OH) provides emergency financial and other assistance to the families of our service members and wounded warriors.

<http://www.operationhomefront.net/>

## **American Red Cross**

The American Red Cross supports military members and their families by enhancing morale and contributes to increased operational capability in several ways.

<http://www.redcross.org/what-we-do/support-military-families>

## **Not Alone**

Not Alone provides programs, resources and services to warriors and families impacted by combat stress and PTSD through a confidential and anonymous community.

<http://www.notalone.com>

## **National Center for PTSD**

<http://www.ptsd.va.gov/>

## **PD Health**

PDHealth provides a gateway to information on deployment health and healthcare for healthcare providers, service members, veterans, and their families.

<http://www.pdhealth.mil/main.asp>